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# **MAKING THE *MOVE TO* HEALTHY CHOICES**



**Tournament/Competition  
Menu Items**

November 2010

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## Move to Healthy Choices Tournament/Competition Menu for year round

When planning the food for a tournament or competition day, consider offering healthier options. The athletes and families will appreciate having the option for better choices. Packaging and promoting them in an appealing way will increase sales. Below are some ideas to get you started:

<p><b>Hot meals:</b></p> <ul style="list-style-type: none"> <li>- Quesadilla (fillings: cheese, chicken, onion, peppers, ham, etc.) served with salsa and low fat sour cream</li> <li>- Grilled cheese sandwich – could also add tomato and/or ham</li> <li>- Burritos – bean and/or beef</li> <li>- Soft taco</li> <li>- Tuna melt</li> <li>- Veggie burgers</li> <li>- Lean beef burgers</li> <li>- Chicken Souvlaki with rice and vegetables</li> <li>- Kabobs (meat and vegetables) served over rice</li> <li>- Stuffed Potato Bar – Toppings could be: salsa, sour cream, cheese sauce, broccoli, chili, etc.</li> <li>- Pasta (eg. Tortellini, Lasagna - meat or vegetarian)</li> <li>- Pulled pork sandwich</li> <li>- Macaroni and Cheese</li> <li>- Rice Bowl with vegetables and meat</li> <li>- Soup and sandwich, bun or breadstick (whole wheat, white, cheese, etc.)</li> <li>- Chili and bun, corn bread muffin or baked potato</li> <li>- Stew and bun</li> <li>- Pizza: vegetarian, chicken or other lean meats</li> </ul>	<p><b>Snack ideas:</b></p> <ul style="list-style-type: none"> <li>- Fresh fruit cup or canned fruit salad</li> <li>- Fruit and yogurt parfait</li> <li>- Vegetables and dip</li> <li>- Hummus and carrot sticks or pita chips</li> <li>- Smoothies</li> <li>- Yogurt tubes or individual yogurt cups (2% milk fat or less)</li> <li>- Nuts and Seeds</li> <li>- Fruit and nut snack bars (low in sugar and salt)</li> <li>- 100% dried fruit leather or bars</li> <li>- 100% fruit juice (no sugar added)</li> <li>- Rice cakes</li> <li>- Oatmeal cookies</li> <li>- Milk – plain or flavored</li> <li>- Soy beverage (fortified)</li> <li>- Cheese – individual portions or string cheese</li> </ul> <div data-bbox="982 1066 1539 1339" style="text-align: center;"> <p>These are just a few ideas to help you plan a great tournament menu!</p> </div>
<p><b>Sandwiches and Salads:</b></p> <ul style="list-style-type: none"> <li>- Sandwiches: try different breads (whole wheat, artisan, pita), vegetables, cheese and lean meats</li> <li>- Tossed green salads – could add nuts, cheese and/or fruit</li> <li>- Panini's – made with lean meats and low fat cheese</li> <li>- Chicken Caesar Salad</li> <li>- Sub sandwiches</li> <li>- Wraps: taco, pizza, lean meats and vegetables</li> <li>- Taco salad – on a plate not bag!</li> <li>- Pasta salad</li> </ul>	<p><b>Breakfast ideas:</b></p> <ul style="list-style-type: none"> <li>- Small bagels with light cream cheese</li> <li>- Muffins</li> <li>- Pancakes or French Toast</li> <li>- Spicy roll-up (scramble egg on tortilla with shredded cheese and salsa)</li> <li>- English Egg Sandwich topped with a slice of ham</li> <li>- Muesli</li> <li>- Low sugar cereal in individual packages</li> </ul>

For more ideas, check out ‘[Making the Move to Healthy Choices](#)’ toolkit, available online at [Westman Healthy Lifestyle Coalition](#)



## Some Menu ideas for Tournaments and Competitions:

### Gold Medal Meal Package– for the athlete:

Snack: Yogurt Parfait\*

Meal: Chicken and Veggie Wrap\*

Veggies and Dip

Fruit Cup

Oatmeal Cookie

Water and Chocolate Milk



Hint: Have the team preorder the meal before the tournament to save time in preparations.

**Best Supporting Meal:** Chili\* and whole grain bun  
Veggies and dip  
Hot beverage or water

### Full Meal Deal Ideas:

**A.** Chicken and Cheese Quesadillas\*  
served with Salsa  
Smoothie\*

**B.** Tortellini Vegetable Soup\*  
Whole Grain Bun  
Carrot Sticks, plain or with dip or hummus  
250 mL Chocolate Milk

**C.** Ham and Cheese Sub Sandwich  
Tossed Salad  
Oatmeal Cookie\*

**D.** Burrito\*  
Yogurt  
Apple slices with Caramel Dip

\* - recipes included

### Goody Bag Ideas:

Here are some ideas for items to give out in the competition goody bag instead of candy, chips, pop, slushies and other high sugar, fat and sodium items:

- fun pens, pencils and erasers
- coupons for a chocolate milk
- fruit such as apples, bananas and oranges
- bottled water
- paper pads
- dried fruit snacks (100% fruit)



### Contact Us

Kris Doull, Committee Chair

Phone: 204-726-6069

E-mail: [Kris.Doull@gov.mb.ca](mailto:Kris.Doull@gov.mb.ca)

Website: [Westman Healthy Lifestyle Coalition](http://Westman Healthy Lifestyle Coalition)



## Recipes

### Tomato Vegetable Soup with Tortellini

- 1 tbsp vegetable oil
- 2 carrots sliced
- 1 onion, chopped
- 1 rib celery, sliced
- 2 cloves garlic, minced
- 1 tbsp chopped fresh basil
- 1/4 tsp salt
- 1/4 tsp pepper
- 3 cups chicken broth or vegetable broth (try lower sodium version)
- 1 can tomatoes, chopped
- 8 oz frozen cheese tortellini
- 1 cup rinsed drained canned chickpeas
- 1 zucchini, chopped

In large saucepan, heat oil over medium heat; cook carrots, onion, celery, garlic, basil, salt and pepper until onion is softened, about 5 minutes.

Add broth and tomatoes; bring to boil. Reduce heat; simmer for 10 minutes.

Add tortellini, chickpeas and zucchini; simmer until tortellini are tender but firm, 10 minutes.

Makes 6 servings

#### *Nutritional Information for one serving:*

Calories	236 kcal
Protein	11g
Fat	6g
Carbohydrate	35g
Fibre	5g
Sodium	905mg

*Note: sodium content will lower if lower sodium broth is used.*

From: The Canadian Living Magazine website. <http://www.canadianliving.com>.  
Accessed on-line November 1, 2010.



## Burritos

1 pound	lean ground beef
½	onion, chopped
1 can (16 oz)	refried beans or canned, rinsed beans
1 can (19 oz)	diced tomatoes (try lower sodium)
½ cup	salsa
2 cup	shredded skim milk mozzarella cheese
10	9” whole wheat flour tortillas
1	medium tomato, chopped
½	sweet green pepper, chopped
	Shredded lettuce
	Salsa
	Light sour cream or low-fat yogurt

Sauté ground beef and onion in a skillet; drain excess fat. Add beans, tomatoes and salsa and simmer for 15 minutes.

Option 1: Serve as ordered – On a tortilla, place a scoop of meat/bean mixture. Top with 2 tablespoons cheese, lettuce, tomato, green pepper, salsa and sour cream. Roll up and serve.

Option 2: Pre-make and freeze – On a tortilla, place a scoop of meat/bean mixture and 2 tablespoons of cheese. Roll up and optional to wrap with tin foil. Burritos can be then held hot at appropriate temperature. Burritos may be chilled or frozen and re-heated in the oven or microwave prior to serving. Serve with lettuce, tomato, pepper salad and salsa and sour cream on the side.

Makes 10 Burritos

### Nutritional Information per 1 burrito:

Calories	397 kcal
Protein	23 g
Fat	15g
Carbohydrate	41g
Fibre	5.1g
Sodium	690 mg

*Note: sodium content will lower if lower sodium tomatoes are used.*

*Nutrient Analysis done by Food Smart® Professional Edition*

Adapted from: Alan S. Kesselheim. *Camp Cook's Companion A Pocket Guide*. 2002.



## Chicken and Cheese Quesadillas

1	7" whole wheat soft tortillas
¼ cup	shredded low-fat mozzarella cheese
¼	chicken breast, cooked and shredded
¾ cup	chopped vegetables (such as peppers, mushrooms, green onions)
1 tbsp	sliced olives or sun dried tomatoes (optional)

Grate cheese, cook and shred chicken breast and chop vegetables before you start to cook.

Heat grill or non-stick frying pan over medium heat.

Place tortilla on a flat surface. On ½ the tortilla, layer ½ the cheese, chicken, vegetables, olives or tomatoes (if using) and remaining cheese. Fold tortilla in half to enclose the fillings.

Place on grill or in frying pan and cook until lightly browned, flip and cook second side. Remove from grill and cut into 4 wedges.

Serve with low-fat sour cream and salsa. Makes 4 wedges.

### Nutritional Information per 4 wedges:

Calories 243 kcal

Protein 17g

Fat 115g

Carbohydrate 21g

Fibre 2.5g

Sodium 413mg

*Nutrient Analysis done by Food Smart® Professional Edition*

Adapted from: ActNowBC. *Healthy Eating for Seniors.*



## Fast Chili

1 lb	Lean group beef
1 can (19 oz)	stewed tomatoes (try lower sodium version)
2 cans (14 oz)	beans in tomato sauce
2 cans (19 oz)	kidney beans, rinsed and drained
1 cup	sliced white or red onions
2 cups	diced green bell peppers
1 tbsp	chili powder

In a large saucepan or Dutch oven over medium-high heat, brown meat until no longer pink inside. Drain fat. Add tomatoes, beans in tomato sauce, kidney beans, onions, green peppers, and chili powder. Reduce heat and simmer, covered and stirring occasionally for twenty to thirty minutes. Makes eight servings.

### Nutritional Information for one serving:

Calories	338 kcal
Protein	24.4 g
Fat	6.5 g
Carbohydrate	50.3 g
Dietary fiber	18.0 g
Sodium	958 mg

*Note: sodium content will lower if lower sodium tomatoes are used.*

From: Bev Callaghan and Lynn Roblin. *Dietitians of Canada - Great Food Fast. 2000.*



## Chicken and Vegetable Wrap

4	large tortillas (try whole wheat)
4	Chicken breasts, sliced (or 200 g Sliced Chicken deli meat)
8 leaves	Green leaf lettuce
1 cup	Carrot, grated
¼ cup	Red onion, thinly sliced
1 cup	Peppers, thinly sliced (red, yellow, orange or green)
½ cup	Lower fat cheese, grated (mozzarella, Cheddar or Monterey)
¼ cup	Ranch dressing (Could also try other sauces such as BBQ or Tzatziki sauce)

For each tortilla, spread 1 tablespoon of sauce, 2 green leaf, ¼ cup carrot, 1 tablespoon red onion, ¼ cup peppers and 2 tablespoons of cheese over tortilla. Fold opposite ends in and roll from a non-folded end. Slice in half and wrap in parchment paper.

### Nutritional Information for 1 serving:

Calories	444 kcal
Protein	54g
Fat	12g
Carbohydrate	26g
Fibre	2.5g
Sodium	474mg

*Nutrient Analysis done by Food Smart® Professional Edition*



## Yogurt Parfait

- ½ cup Fruit flavoured yogurt
- ½ cup Fresh, frozen, or canned fruit of your choice
- 1 tbsp Granola or High Fibre cereal

Spoon half of yogurt into a clear glass or dessert bowl. Top with half of fruit. Repeat layers. Sprinkle with granola.

Makes one serving.

### Nutritional Information for 1 serving:

Calories	191kcal
Protein	7g
Fat	3g
Carbohydrate	37g
Fibre	2g
Sodium	72mg

*Nutrient Analysis done by Food Smart® Professional Edition*



## Shake Your Frooty – Fruit Shake

¾ cup	Milk, skim
2 tbsp	Frozen orange juice concentrate
1	banana
2	strawberries
4	ice cubes (if using frozen fruit, omit the ice)

If using fresh, wash the strawberries and take out the stem. Peel the banana and chop into chunks. Add all ingredients into the blender. Cover and blend on high speed until smooth. Pour into a cup and enjoy.

Makes 1 serving

Hint: Pre-prepare the fruit shake ingredients. In a freezer safe container, measure out the strawberries, frozen orange juice concentrate and banana. Freeze. When fruit shake is requested, take out frozen mix and place in blender. Add milk, banana and optional ice cubes and blend.

### Nutritional Information for 1 serving:

Calories	229 kcal
Protein	8g
Fat	1g
Carbohydrate	51g
Fibre	3g
Sodium	80mg

*Nutrient Analysis done by Food Smart® Professional Edition*

Adapted from: *Kids in the Kitchen*. 2002.